



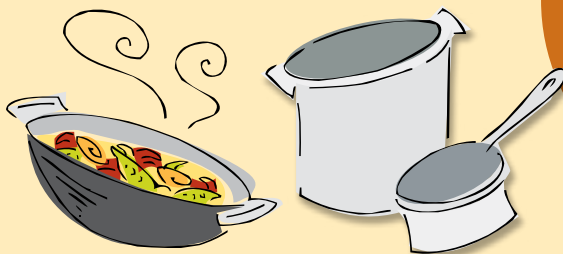
**“The lion is most  
handsome when  
looking for food.”**

— Jalal ad-Din Rumi  
(Persian Poet and  
Mystic, 1207-1273)



FRED GATES

**INTERESTING  
FOOD FACT:**  
*The earliest  
archeological evidence  
for the consumption  
of soup dates back to  
6000 BC and it was  
hippopotamus  
soup!*



## Cooking In Carlsbad!

According to the Urban Dictionary, a foodie is “a person that spends a keen amount of attention and energy on knowing the ingredients of food, the proper preparation of food, and finds great enjoyment in top-notch ingredients and exemplary preparation.” Perhaps you’re not quite a foodie, but you love to eat savory food and want to know how to prepare it.

Chef Steve Pettersen, a graduate of culinary school in San Diego, teaches cooking at the Carlsbad Senior Center every third Wednesday of the month. His highly popular classes cost just \$5 or \$10 dollars each (depending on the ingredients) and are open to anyone who loves food.

Each hands-on class has a unique theme, but follows a similar structure. First there is a brief discussion of the recipes.

Then, dividing the class into teams of five, a sous chef and a course are assigned to each team. Food is prepped using the mise en place technique in which all ingredients are measured, put in containers and set on a tray before anyone turns on a burner. Finally, the cooking begins. At the end of each class, everyone sits together to enjoy the meal they’ve just prepared.

Steve says his passion for food dates back to his childhood. “I have a mother who loved to cook for my sisters and brothers and me – seven of us in all,” Steve reflects. “To this day my sister cooks and two of my brothers cook. I guess it’s a family thing.”

To find your own inner foodie, sign up for one of Steve’s classes by calling the Carlsbad Senior Center at 760-434-4650.



FRED GATES

## Want Some More S'mores?



LCpl Sanhareb Raben grinned, "Can't say no to cute little faces like that!"

Volunteers and food – they just go together like milk and cookies, like apple pie and ice cream, like campouts and s'mores. While 308 families and friends set up tents at this summer's Snores and Smores campout at Aviara Community Park, volunteers, including LCpl Sanhareb Raben "Sonny," took care of the food detail.

After dinner and over the next couple of hours, Sonny, two of his marine buddies, Cory Hastings and Micahel Diaz, and many other volunteers tirelessly made hundreds of s'mores. Officially, volunteers were supposed to limit the number of s'mores to two per person, but of course the kids returned asking for more. Faced with such a dilemma, the marines knew exactly what to do. "Can't say no to cute little faces like that" revealed Sonny.

## Around Carlsbad

### TeenScape

Rock the hottest music and entertain your friends by shredding the guitar or taking center stage as vocalist with the library's ultimate Xbox game, RockBand! Also included are movies. TeenScape events are hosted at Cole Library most Mondays from 3:30 p.m. to 4:30 p.m. for grades 6-12.

### The Lighter Side of Aging with Richard Lederer

Dr. Richard Lederer will share his insights into the great adventure of becoming chronologically gifted. Refreshments will be offered on November 6 at 11 a.m. at the Cole Library located at 1250 Carlsbad Village Drive. Dr. Lederer's newest book, *A Treasury for Seniors: Wit and Wisdom, Information and Inspiration for the Chronologically Gifted*, will be offered for sale and signing.

## Volunteer Opportunities



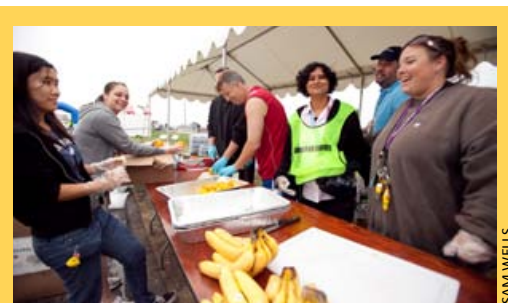
### Holiday at the Rancho

Saturday, Dec. 4 from 4:30-8:30 p.m.,  
Leo Carrillo Ranch

Put a little merry in the season by volunteering at Holiday at the Rancho. This classic holiday event at Leo Carrillo Ranch involves everything from cookie decorating to photos with Santa. Start the holidays off by volunteering! Contact [specialevents@carlsbadca.gov](mailto:specialevents@carlsbadca.gov) for more information.



Volunteers offered up treats at a past Holiday at the Rancho event.



The athletes at the Triathlon really appreciated the after-race goodies dished up by volunteers.

### Literacy Tutor

Change a life by teaching someone to read. Training will be provided. Volunteer must be able to read and write competently in English, be at least 21 years old, have patience, empathy and a sense of humor. Contact Literacy Services at [literacy@carlsbadca.gov](mailto:literacy@carlsbadca.gov) or 760-931-4510.

### Senior Volunteer Patrol



The City of Carlsbad Police Department is offering a free, two-week academy for those interested in joining the Senior Volunteer Patrol. Members patrol the city in police cruisers, do traffic control and make phone calls to check on the welfare of those who live alone. The academy begins January 31, 2011. Applicants must be 55 or older, US citizens, in good health with a valid California driver's license and a good driving record. Call 760-931-2214 for details and an application.

 CITY OF  
**CARLSBAD**  
Volunteer Resources  
[www.VolunteerinCarlsbad.net](http://www.VolunteerinCarlsbad.net)

To expand your volunteer involvement citywide, contact Sue Irey, Volunteer Coordinator  
[Sue.Irey@Carlsbadca.gov](mailto:Sue.Irey@Carlsbadca.gov) or 760-434-2929